

Exercise And Recreation

Chapter-7

A .Oral Questions

1 .what are outdoor games ?

Ans-Games which are played outside the house like cricket, football are called Outdoor games.

2 . What are indoor games?

Ans- Games which are played inside the house like che(ss , carrom and ludo are called indoor games.

B . Quiz

What is recreation ?

Ans- we read a book listen to music or even watch television to refresh ourselves This is called recreation.

Tick (✓) the correct answers.

1. Ria plays with her friend in the
 2. (a) morning [.] (b) afternoon [] (c .) evening [✓]
- 2.This is not an outdoor game .
- (a) cricket [] (b) chess [✓] (c) hockey []

A . Tick (✓) the correct answers.

1. This is not an indoor game .
(a) carrom [] (b) chess [] (c) hockey [✓]
2. Playing games help us to
(a) relax [] (b) refresh [] (c) both of these [✓]
- 3 . Playing Games is a good form of exercise .
(a) indoor [.] (b) outdoor [✓] (c) both of these []
- 4 . Carrom is a/ an game .
(a) outdoor [] (b) water [] . (c) indoor [✓]

B .Give one word answers for the following .

1 .the activity we do in our free time **singing**.

2.the games we play outside our house **cricket.**

C . Answer the following questions .

1 . Name any two indoor games .

(a) **Carrom** b. **Chess** .

2 . Name any two forms of recreation with family .

(a) **family get together** . (b) **Celebration of special Occasion.**

Tick (✓) good ways to relax.

(a) reading a book. (✓)

(b) reading a book loudly and disturbing

Others .(*)

(c) watching TV with high volume (✓)

(d) painting a scenery .(✓)

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